



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Thursday November 10th at 1:00pm Downsizing and Home Options, Including Trusts for Seniors.

Attorney Dale J. Tamburro, will present a seminar about housing options and Trusts. In this session Dale will cover the following major topics: staying home issues and solutions, staying home benefits and disadvantages, irrevocable trust to protect from nursing home and other creditors, mortgage options: home equity, reverse mortgages others, issues related to selling including preparation, taxes, legal, downsizing in general, renting, children moving home, assisted living facilities or continued care communities basics, special options if you own a multi-family, creative asset protection if you want to move in with someone else. Please call to register. He will also offer (free of charge) three individual 45min. appointments beginning at 9:30AM. Please call the COA to schedule your 1:1 appointment or for more info!



Thanksgiving Dinner

The American Legion is holding its annual Thanksgiving Dinner for Bedford seniors on Sunday



November 20th at the American Legion Post @221 at 357 Great Road. The doors will open at 1:00pm with dinner being served at 2:00pm. If you are planning to attend, please sign up at the COA or call us on 781-275-6825 by Monday November 14th. ***This dinner is catered and for an accurate count a \$5 per person deposit is required on sign up to ensure your spot. Your \$5 will be returned at the dinner.***



Getting the most out of LIFE Monday November 7th at 12:45pm

Please join us for a practical workshop on ways to enjoy life without spending a lot of money. Mr. Ed Alessi will discuss both Psychological and Sociological literature related to living a fulfilling, satisfying life and the importance of personal attitude. Other topics will range from travel hints, attending fun-filled events to cooking tips, restaurants, movie and nature walks. Mr. Alessi, a retired clinical social worker, currently teaches at Middlesex Community College and Northeastern University. He has been involved with intergenerational theatre and has written two novels. We all only have 1 life to live. Come along to learn how to get the most out of LIFE! Call the COA to sign up.

Mingling Tinsel with Tears: Compassionate Care Hospice: Tuesday November 8th 1:00pm

Learn strategies for coping with grief through the holidays including: preparing for the holidays, understanding grief, taking care of yourself, anticipating events and activities and doing what is right for you to embrace hope. Compassionate Care Hospice formed 19 years ago and now operates nationwide. Their focus is on quality of life for both loved ones and family members. Please call to sign up for this important program. Adult children with their loved one, are also invited to attend.



Expanded Council on Aging Hours:

| | |
|------------|----------|
| Monday: | 8-4, 6-9 |
| Tuesday: | 8-4, 6-9 |
| Wednesday: | 8-4, 6-9 |
| Thursday: | 8-4 |
| Friday: | 8-4 |
| Saturday: | 11-4 |



Veterans' Coffee

Wednesday, November 16 at 10 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice, to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.



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✿ JUST FOR FUN ✿



Happy Birthday to YOU!

Join us at the Council on Aging for YOUR birthday! Each month, Vicky honors every senior who has a birthday that month. Join us for cake on **Saturday, November 5th** if your special day is in November!



WIZARD MUSIC

Friday, November 18th at 12:30pm

John Kienzle from Wizard Music will provide music from Broadway on keyboard for your entertainment! Come in for lunch, then join us to experience John's music!

Thursday November 10th at 11:30am: Lunch and Learn

YouvilleHouse  YouvillePlace
Assisted Living Residences

What's Next after Independent Living?

What are the options for someone when living at home becomes more difficult? When is the right time to bring help in or move to an assisted living community? Why do some people choose one over the other? Join Dinah Olanoff and Susan Snow, from Youville Place, as they discuss common concerns and the many factors that influence these very personal decisions. Lunch provided, limited to 25. Sign up required by November 7th. Lunch ticket needed on the day.

Book Discussion Group

Due to the holidays the next group will meet on Tuesday December 6th. The book will be 'The Storied Life of A.J. Fikry' by Gabrielle Zevin.



BEGINNER SCOTTISH DANCING

Tuesdays in November 1pm to 2.30pm.

Scottish dance, a form of folk and formal dancing is taught in Scotland and around the world. Think Riverdance with ballet moves. Performed in couples it is a great way to meet others! This class is a modified form, less strenuous but provides great physical and mental exercise. Wear comfortable clothing (kilt optional) and flat, soft-soled shoes. Come and have fun for this free class! Call us to add yourself to the growing list.



Adult Coloring

For Therapy ...or Just for Fun!

Fridays November 4 & 18 at 12:30pm

Come and join volunteer, Louise St. Germain for this therapeutic (just for fun) adult coloring session. Adults have rediscovered this universal childhood activity and many find it therapeutic! Come and be with your peers to embrace the new craze. Not only will we create unique art on printed sheets, but also build up those fine motor muscles and be able to do more with our hands. Pre-printed pages will be provided along with coloring pencils. Relax with us!



Tuesday November 15th at 11:30am

Lunch with Newbury Court

Please join us and Jane Taylor for a seasonal lunch from Newbury Court. Limit is 40 and sign up, please, by November 10th. COA lunch ticket will be required.

Thursday November 17th at 11:30

RED HEAT LUNCH

Please join Chef Alan for 'Charred Bell Peppers' stuffed with cilantro rice, roasted corn and black bean salsa, topped with Cotija cheese, sour cream and arugula and pineapple salsa!" Red Heat boasts a "very tasty dish" allowing the Chef to talk about the dish! 40 limit. Lunch ticket required. Please sign up at the COA by Monday November 14th to reserve your spot!



Tuesday November 22nd at 11:30am

Holiday Lunch with Billerica Crossings

Please join Heather of Benchmark Senior Living for a festive lunch. Limited to 40, please call to sign up by November 18th. Lunch ticket required, pick up at the COA.



PICKLEBALL—NEW AND POPULAR

Check out <http://www.usapa.org/places-to-play-pickleball/> and click on MA for the state and the list is alphabetical by town. Games are played weekly indoor and instruction with equipment is always available. Try something new, this might be for you!



Have Lunch at the Bedford Café!



A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.




**ART MATTERS****Wednesday November 9th 12:30pm****Impressionism**

The Impressionists were a group of artists, who exhibited together in France from 1874-1890. Although each of them was very different, they were united in their rebellion from the conservative Grand Salon; the all-powerful elite jury who chose only very academic paintings, restricting and repressing any new expressions. This first group of courageous painters to break with convention and the Academy were: Manet, Degas, Cassatt, Morisot, Renoir, Monet and Pissarro. Join us to learn more about these creative rebels. This program is kindly sponsored by the Bedford Cultural Council.

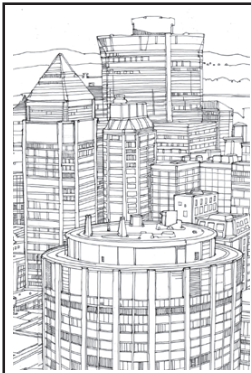


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 **Friday November 4th at 12:30pm**  
**PATRIOTIC SING ALONG**

Please join us for David Polansky's exceptional program making music and stories come to life! Learn the inspiration of some of America's most beloved patriotic pieces and sing-a-long to anthems such as 'You're A Grand Old Flag', 'Yankee Doodle Dandy' and 'White Cliffs of Dover' to name a few! David is an accomplished trumpet player in constant demand throughout the New England area. Please call to register to enjoy his exciting and unique program!

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**'CITY SCAPES' with Susan Funk on Thursday November 10th at 10am**

One & Two Point Perspective are introduced as we demystify the mystery of drawing multiple buildings. Our goal is to graduate to cityscapes by incorporating images near and far using perspective & shading. Casual sketches of cities are explored as well. Always welcome: New & returning students with all levels of experience. Supplies: #2 Pencils, erasers, paper, ruler (12" or 24"), media to color in with, images you would like to draw. This is a six week session for \$30 and this program is funded in part by the Jacob Wren Throckmorton Memorial Art Show. Please call to register for Susan's class.

**Grief Group: Holiday Support Friday November 18th at 1:15pm**

Please join Marjie Cahn, LICSW, Ed for support during the holidays. The holidays are often the most challenging time of the year for those with recent loss or those who find themselves experiencing increased sadness when missing a loved one. This is a private session and limited to 8. Please call to register.

**Breakfast and BINGO****Tuesday, November 15 at 9:30 AM**

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Breakfast and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



If you would like to be reminded when it is time to renew your dues, please email Christine McGovern: go2christo@netscape.net with FBCOA in the subject line.

The BJ's Membership number has changed. Please renew your FBCOA card to receive the updated account number!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

Name That Tune!

A monthly favorite at the Council on Aging, Karen from Concord Health Care, will be back to present an afternoon of music and fun on **Monday, November 21 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

FBCOA Annual Membership Dues 2016—2017

| | | |
|---|--------|-------|
| INDIVIDUAL | \$5.00 | _____ |
| FAMILY | \$7.00 | _____ |
| CONTRIBUTION | | _____ |
| TOTAL | \$ | _____ |
| (Tax deductible contributions gratefully accepted) | | |
| NAME | _____ | |
| ADDRESS | _____ | |
| TOWN/ZIP CODE | _____ | |
| EMAIL: | _____ | |
| BJ's Membership? <input type="checkbox"/> Yes <input type="checkbox"/> No | | |



Fitness News



MORNING EXERCISE CLASSES

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays' classes (9:00 AM) are taught by Rita Khoury, a energetic instructor here at the Bedford Council on Aging. This class is our most intense class of the week, including an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM), taught by Rita Khoury and Thursday (10:00 AM), taught by Madeline Shaw-Moran. These classes focus more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5/day



OsteoFitness™: The Natural Approach to Reversing Osteoporosis!

Beverly J. Ikier, senior Fitness Specialist and Educator, teaches her evidence based strengthening program to build bone in osteoporotic sites including the spine, hips, femoral neck and forearm. The class involves movement to address stiffness, low/no impact cardio warm up, balance and coordination drills reducing falls and fractures, posture and stretching for flexibility/injury prevention. The class teaches the latest osteoporosis information and provides handouts detailing natural, important food sources of daily calcium and vitamin D. Your personal bone density reports are collected and you will be instructed on home strengthening. Beverly includes holistic disciplines for the immune system and promotes stress management for relaxation. Regular lectures and calcium cafés are included in this as well as new member orientation. OsteoFitness™ classes are held on Tuesdays and Fridays at 11:00 AM at the COA. \$179 per 20 class session. 1/2 Fee for mid session or 1X/week. Please visit the COA or call to register at (781) 275-6825. **Next session date: October 27th 2016**

WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Working from the safety and comfort of either a chair or exercise ball—workout for the entire body— this class uses multiple strength training moves to develop range of motion; flexibility; endurance; and balance. Weights, straps, and bands will be used. We will work our core, arms and legs. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/ Lorraine or Fridays at **10:00** w/Helen; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of its soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. Tuesdays at 4:00 PM w/Vera.

Drop in rate for the above classes is \$10 per day

TAP DANCE

Join the talented Chuck Frates for his popular Tap Dancing class on **Tuesdays at 11:00 AM**. This session runs for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes! Sessions run through December 20th. \$10 drop in rate also available.



Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA

COA CINEMA 6:45 PM

November 9th *Mud* (2012) PG13 Two Mississippi teens, Ellis and Neckbone, meet a mysterious drifter named Mud hiding on a deserted river island and get caught up in his tangled web of tall tales about bounty hunters, crimes of passion, lost love and a perfect woman named Juniper.

November 16th *The Pianist* (2002) R Famed Polish pianist Wladyslaw Szpilman struggles to survive the onslaught of Nazi tyranny during World War II in this drama based on his memoirs. In spite of his well-known talent, Szpilman spends several years holed up in Warsaw, clinging to life.

JOB AND CAREER NETWORKING

Every Wednesday in November at 6.30pm

We all know that NETWORKING WORKS! Join the COA and MOCA for our continuing Job Seekers Networking Group. This group assists people, 50+ looking for new jobs or careers. If you are looking, unemployed, underemployed, or looking for a new career path this program is where to start. Participants will have a regular schedule in a supportive and comfortable environment. Call us to register.

Africa Today, Part IV: West Africa

Monday November 21st 6:30 pm

Perhaps best known to Americans because many of our Africa-American population came from the West African slave trade, Modern West Africa is a jigsaw puzzle of many nations, each trying to ensure their own identity and survival in the modern world. Recently, due to Ebola, many Americans heard about Senegal, Liberia, and Sierra Leone. Nigeria is one of the world's greatest oil producers, but suffers from internal strife, including kidnapping of women and children by radical Islamists. We will focus on Ghana, Nigeria, Liberia and Senegal attempting to unravel the tangled web of tribalism, nationalism and radicalism. Come join Professor Kienzle as we travel the Tarzan Trail! Please call the COA to sign up.



Africa Today Part III Southern Africa

Monday November 7th 6:30pm

Southern Africa suffers from the legacy of Apartheid and from European Colonialism. Despite the end of Apartheid, leadership both good and bad, many of Southern Africa's nations are struggling to survive economically and politically. There are very strong historical cultural tribal roots in this region: The Civilization of Zimbabwe, the ZULU nation, the Xhosa, the Shona and other peoples. With VAST natural resources and great potential, Southern Africa is stumbling along. We'll focus on such countries as South Africa, Zimbabwe, Zambia and Botswana. Join Professor Kienzle on this Capetown Caper!



BEDFORD TV
Bedford Community Access Television

COA on the Air: Season 7

Did you know the COA has it's very own cable channel dedicated to senior citizens of Bedford for the purpose of education and entertainment? Please tune in to see hosts Leslie Gabriele and Lester Macklin and their special guests! The show is scheduled **Thursday at 8pm** on Comcast Channel 8, Verizon channel 38 or watch at anytime on www.youtube.com. Thank you to our Producer, former COA Director, Pat LeVan for getting the COA back on Air!



Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
 ☆ Folk & Line Dance! ☆
 ☆ ...at the Council on Aging ☆
 ☆ on Mondays *exactly* at ☆
 ☆ 7:00 PM with your 'two ☆
 ☆ left feet' for folk & line ☆
 ☆ dance lessons. We'll teach ☆
 ☆ you from the first step! ☆
 ☆ Soft-soled shoes ☆
 ☆ preferable. Jim Banks is ☆
 ☆ offering these classes free ☆
 ☆ of charge! Please join us! ☆
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|
| | 9:00 SHINE/FIX IT 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 Writing Group/ Scottish Dance 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (In) 7:30 Single Again | 9:00 Exercise/ FIX IT 10:00 Computer Club 10:30 SongFest 1:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:30 CPAP 6:30 Stitch/Carvery/ Job Networking | 9:00 Muscle Care 10:00 Exercise/ Art w/Susan 11:00 Dog Bones/ 1:00 Current Events/ Tai Chi 2:00 Computer Drop In 2:00 Chess 3:00 Handcrafts | 9:00 Exercise/SHINE 10:00 Chair Yoga/ Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 12:30 David Polansky 1:00 Scrabble/ Line Dancing 6:00 Pickleball (In) | 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool Monthly Birthday 1:15 Movie: Love and Friendship |
| 9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 10:00 Biking 11:45 Lunch 12:45 Life Talk 1:00 Poker 6:30 Stitchery/ Africa 7:00 Folk & Line Dance | 9:00 SHINE/FIX IT 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 FBCOA 1:00 Mingling Tinsel/ Scottish Dance 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (In) 7:30 Single Again | 9:00 Exercise/FIX IT 10:00 Genealogy 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 12:30 Art Matters 6:30 Stitch/Carvery/ Job Networking 6:45 Movie: Mud | 9:00 Muscle Care 10:00 Exercise/ Art w/Susan 10:00 Pneumovax 11:00 Duplicate Bridge/ Dog Bones 11:30 Youville Lunch 1:00 Current Events/ Tai Chi 1:00 Dale Tamburro 2:00 Computer Drop In/ Chess 3:00 Handcrafts |  CLOSED | 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: Heaven Is For Real |
| 9:00 Exercise 9:30 Chair Yoga 10:00 BINGO 10:00 Biking 11:45 Lunch 1:00 Poker 1:15 Family Dynamics 3:00 CareGiver Support Group 6:30 Stitchery 7:00 Folk & Line Dance | 9:00 SHINE/FIX IT 9:30 Exercise/ 15 Breakfast & BINGO 11:00 Dup. Bridge/ OsteoFitness/Tap 11:00 COA Board 11:30 Newbury Court Lunch 1:00 Writing Group/ Scottish Dance 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (In) 7:30 Single Again/ Great Books | 9:00 Exercise/ FIX IT 10:00 Vets Coffee 10:00 Alzheimer's 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Consumer Guide to Home Improvement 12:30 Chair Exercise 6:30 Stitch/Carvery/ Job Networking 6:45 Movie: The Pianist | 9:00 Muscle Care 10:00 Exercise/ 17 Hearing/Art w/Susan 11:00 Duplicate Bridge/ Dog Bones 11:30 Red Heat Lunch 1:00 Current Events/ Tai Chi 2:00 Computer Drop In 2:00 Chess 3:00 Handcrafts | 9:00 Exercise/SHINE 10:00 Chair Yoga/ Sit 'n Stitch 11:00 OsteoFitness 11:30 Board Games 11:45 Lunch 12:30 Adult Coloring 12:30 Wizard Music 1:00 Scrabble/ Line Dancing 1:15 Grief Group 6:00 Pickleball (In) | 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: An Old Fashioned Thanksgiving |
| 9:00 Exercise 9:30 Chair Yoga 10:00 Science & Tech 10:00 Biking 11:45 Lunch 12:30 Name That Tune 1:00 Rep. Gordon 1:00 Poker 6:30 Sit & Stitch 7:00 Folk & Line Dance 7:00 Africa | 9:00 SHINE/ FIX IT 9:30 Exercise/ 22 11:00 Dup. Bridge/ OsteoFitness/Tap 11:30 Billerica Lunch 1:00 Scottish Dance 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (In) 7:30 Single Again/ANG | 9:00 Exercise/FIX IT 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise |  CLOSED | | 11:00 Coffee 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie: The Meddler |
| 9:00 Exercise 9:30 Chair Yoga 10:00 Biking 11:45 Lunch 1:00 Poker Nurse's Hours 6:30 Sit & Stitch 7:00 Folk & Line Dance | VIRSA DE PUNJAB 9:00 SHINE/FIX IT 9:30 Exercise 11:00 Dup. Bridge/ OsteoFitness/Tap 1:00 Scottish Dance 2:00 Computer Drop In 4:00 Zumba Gold/ Acupuncture 6:30 Pickleball (In) 7:30 Single Again | 9:00 Exercise/FIX IT 10:30 SongFest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Stitch/Carvery/ Job Networking | <h1>NOVEMBER</h1>  | | |

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LTempleton@4LPi.com or (800) 477-4574 x6377

**THIS SPACE IS
AVAILABLE**

Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday, November 14 at 10:00 AM for a chance to win token gifts.

Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

Texas Hold 'Em Poker! Join the game each Monday at 1!

Handcraft Group Bring your own handcraft projects and chat on Thursdays at 3:00! New members always welcome!

Play Mah Jongg! Wednesdays at 11:00, Fridays at 11:30. All are welcome! Lessons available!

Play Duplicate Bridge! Please call ahead to put your name in for substituting. (Tuesdays & Thursdays at 11:00)

Science & Tech Club Join us Monday, Nov. 7 & Nov. 21 at 10:00 AM for this exciting conversation!

Talk to Your State Rep Please check with the COA to find out when Ken Gordon will be here next.

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Genealogy Explore your family tree on Wednesday, November 9 at 10:00 AM

Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members welcome!

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Line Dancing with Katrina Fridays at 1 PM. The class costs \$3 (paid to instructor).

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on November 15: Shakespeare, William, *Twelfth Night* *Newcomers are always welcome!*
bed-lexgreatbooks@comcast.net

Learn to Stitch! Join the crafters on Wednesdays at 6:30 PM.

Chess Hone your skills or learn! Thursdays at 2:00 PM.

Pickleball Tuesdays 6:30-dusk, JGMS Tennis Courts; Fridays 6-7:30PM, Lane School Gym.

Veterans Services The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.

Saturday Movies begin at 1:15 PM

Nov. 5th *Love & Friendship* (2016) PG In this adaptation of a Jane Austen novel, scheming widow Lady Susan Vernon retreats to her in-laws' estate while waiting for scandalous rumors to subside. Soon, she's on the hunt for a husband, and one for her teenage daughter.

Nov. 12th *Heaven Is For Real* (2014) PG-13 A true story of the 4-year old son of a small-town Nebraska pastor who, during emergency surgery, slips from consciousness and enters heaven. When he awakes, he recounts his experiences on the other side.

Nov. 19th *An Old Fashioned Thanksgiving* (2008) NR In this period drama, based on a short story by Louisa May Alcott, struggling widow Mary Bassett is trying to support three children, but money is tight and they can't afford a Thanksgiving turkey. An unexpected visit from her estranged, moneyed mother means Mary can prepare a proper holiday meal.

Nov. 26th *The Meddler* (2016) PG-13 On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction.

Thanks to the FBCOA for our funding !

Trips! Trips! Trips!

VIRSA DE PUNJAB RESTAURANT

Tuesday November 29th 2016 at 11:45am

\$16/person includes buffet, dessert and coffee or tea.

Breakaway from the usual holiday traditions and join your friends Virsa De Punjab ! We will meet at the restaurant at 11:45am. Virsa De Punjab, in Bedford, is a Indian Restaurant. The restaurant is a dream project of two best friends Baljit Singh (Bally) and Kishan Singh Bola. They were both born and raised in the rich culture of Punjab, India. It as been their dream to bring the flavors and delicacies from their family kitchen to you. Call the COA at 781-275-6825 to make your reservation today. Come and enjoy their fine Indian cuisine!



Virsa De Punjab
the Indian kitchen

THIS SPACE IS
AVAILABLE

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Nurse's Hours **Monday, November 28th**

Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

For Your Health

Podiatry

Dr. Bryant Tarr will be at the COA from 8-11 AM on **Friday, December 9**. Please call to let us know you are coming. This is a "first come, first served" clinic.

 *The cost is \$30 for each treatment.* 



Free Hearing Clinic
Apex Hearing Care, LLC Custom Fit and Service Hearing Aids
Owner, Joseph J. Sarofeen, is offering free hearing screenings and checks on existing hearing aids and instruments. Appointments are available on **Thursday, November 17** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

SHINE

(Serving the Health Insurance Needs of Everyone) Counselors from Minuteman Senior Services will be available: Tuesdays November 1st, 4th, 8th, 15th, 18th, 22nd, & 29th from 9-12; Please call to make an appointment! If you cannot leave your home, they will call you.



Muscle Care Clinic
With
Wayne Durante, LMT
\$10 for 10 minutes
Thursdays beginning at 9:00 AM
Please call the COA for an appointment
781-275-6825

Caregiver & Bereavement Support Group

Anne Marie Rowse, a geriatric care manager and Chaplain continues her **FREE Caregiver & Bereavement Support Group** on **Monday November 14th at 3:00pm**. For those who want to talk privately about resources or one on one support, Anne Marie stays until 5pm. This group is open to residents from any town and more info, please email amarowse@charter.net or call her at (508) 479-0652. Sign-up not necessary. This program is supported by both the Bedford & Carlisle COA.

Acupuncture Clinic
With **Dr. Suraja Roychowdhury**
\$35 per visit
Tuesdays 4-8 PM
Please call
(610) 731-5030 for an appointment



Pneumococcal Clinic: November 10th at 10am.

The Center for Disease Control recommends all adults 65+ receive both Prevnar-13 and Pneumovax-23 vaccines. For those who have not previously received these vaccines you should receive both in a series. Those who have received one or more doses of Pneumovax-23 should receive Prevnar-13 at least 1 year after receipt of the most recent Pneumovax dose. Both vaccines are available at this clinic. Please call Joyce Cheng at the Board of Health to make an appointment on 781-275-6507.



CPAP SUPPORT GROUP: 12:30PM **WEDNESDAY** **NOVEMBER 2ND.**

THE MODERATOR IS AVAILABLE BY EMAIL ON:
dach2010@gmail.com
Please email Chris to sign up.



FBCOA and ACE Hardware **Sponsored Winter Sand Bucket.**

The FBCOA is offering Bedford seniors a sand bucket outside your door for winter. If you would like one please call the COA.



Take a Hike

Fall Tuesday and Thursday hikes have begun. Limit 18 hikers per trip. Please contact Susan: slgrieb@comcast.net to get on the list.



Monday November 14th at 1.15pm. **Surviving 'Family Dynamics' During the Holidays. With Marji Cahn, LICSW, EdD**

The holidays are a time to enjoy being together, however for some it can be a struggle with family members, especially if it is the first one without a loved one. Please call to attend this supportive, private session. Limited to 8.

10am Monday Cycling for Seniors

If you would like to be put on the list to be notified of cancellations email Jack Donohue on jmdonohue@alum.mit.edu. Rides are 15-20 miles long, depending on the preference of the riders. You should be able to maintain an average pace (including hills) of at least 10mph, and have a multi-speed bike in good condition. We may spend some time on busy roads, so you should be comfortable riding with traffic. After the ride have coffee and snacks at the COA.



What You Need to Know



Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you need help paying home heating bills the Fuel Assistance program may be for you! To be eligible you must be a Bedford resident and have a maximum income of \$34,001 for a one person household, and \$44,463 for couples. Please contact Wendy Aronson at the COA for more information and for an appointment. All information is kept private and confidential. Call us today on 781 275 6825.



Wednesday 16th at 10am Memory Loss, What Can You Do About It?

Many of us may experienced some level of memory loss. Dementia is a condition of progressive loss of memory and cognitive functions. If the memory loss affects your ability to complete your usually daily activities, you will need to consult with your doctor and get a physical exam as well as some tests. There are many reasons that cause memory loss, such as medication, alcohol, tobacco, sleep deprivation, depression and stress, poor nutrition, and cardiovascular diseases. However, you can make changes to slow down the progress and learn ways to modify your life to live with the progressive loss. Joyce Cheng, Community Health Nurse of the Bedford Board of Health will discuss these common scenarios and how to deal with them.



Bedford DASH Local Transit Service Now Underway!

The DASH is a pilot transportation program now in operation, offering service between Noon and 6 PM on weekdays during the school year, excluding holidays. TransAction Associates has provided a 14 passenger, fully handicapped accessible vehicle, accommodating a combination of fixed route service and "on demand" rides from your door. This new program complements services already provided by the BLT. Seniors, Veterans, and Medicare card holders pay \$1.00 each way in-town and \$2.00 each way out-of-town. Currently, the bus will go to locations in Bedford, Billerica, Burlington, Concord and Lexington. Riders must pay exact change as they board. Discounted pre-paid cards are also available from the driver or can be ordered online. All forms can be found on www.BedfordDash.com. To book a future ride or for questions about the service, call **781-275-DASH(3274)**.

Talk with Representative Gordon, Monday November 21st at 1:00pm

Meet with our local Representative, Ken Gordon to discuss items at the state level.

Science & Technology

Join us as we explore a 12-part History Channel series, 'The Story of All of Us: Mankind.' The series covers major world history milestones. Monday, November 7th: Episode 2: Iron Men Pirates plunder the Mediterranean leaving destruction in its wake. Empires fall but we discover iron. Armed with this metal ordinary folk overthrow tyrants and build a new world order. From the birth of democracy in Athens, to the creation of the Bible in Babylon people power reshapes Mankind. Monday, November 21st: Episode 3: Empires In Jerusalem, Jesus of Nazareth is crucified which gives birth to a global religion. But Christianity may never have happened without the Roman Empire. A vast network of roads and shipping lanes allows goods and ideas to flow across three continents. Jesus' message transforms Mankind. Today one in three people on the planet are Christians. Join us !

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. Please join us! A round table discussion will be held on **Wednesday November 2 at 10:00 AM.**

Computer Drop-In

Our friendly Computer Club volunteers will be here on Tuesdays and Thursdays to help with questions about any aspect of computer or other electronic devise usage. Just drop in between 2pm and 3pm.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com

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Wednesday November 16th at 12:30pm

CONSUMER GUIDE TO: HOME IMPROVEMENT CONTRACTORS

Please join Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation who will present a Consumer University focusing on home improvement contractors. The presentation will include information about the Office and what they do. It will also cover registration of contractors, what to do about complaints, arbitration, and the guaranty fund. Call to sign up.



FIX-IT-SHOP (TUESDAYS AND WEDNESDAYS)

Now offering knife sharpening as part of their service. Charges will depend on size and number of knives.

Dog B.O.N.E.S. Visits

Dog B.O.N.E.S. is an acronym for Dogs Building Opportunities for Nurturing and Emotional Support Stop in and visit with Mara & Max who will be here Thursdays from 11-noon. Ann & her dog Kobi drop by every Saturday 11:30-12:30!



COA & FBCOA What is the Difference ?

The COA is a department of the town and a member of the state organization MCOA, under the Office of Elder Affairs. The COA is funded by both the town and by the state. The COA can accept any donation of any value but cannot fund-raise. The COA is open to all 60+, their families and caregivers, and you do not have to join or be a member of the COA to attend any exercise groups, programs, trips or meals. If you are 60+ you are eligible !

The FBCOA is a private, non-profit 501c 3 group with the goal of raising money to help support the programs and services of the COA. Currently the FBCOA helps assist purchases for the Fix-It-Shop, funds movies, supports hospitality, co-sponsored sand buckets, caters our annual holiday party and funds FBCOA parties. As a 'FBCOA member' you receive discounts at Bedford Jewelers, Bedford Florist, a discounted BJs membership.

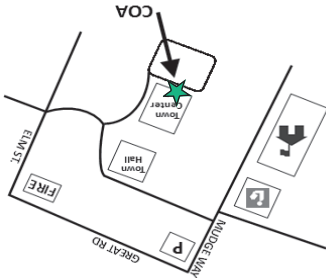
If you know of someone who would benefit from a 'Get Well' or 'Thinking of You' card, please give the details to Alissa at the COA Front Desk, along with an address, and the *Sunshine Lady* will send them along!



FBCOA 2017 Membership Dues by September 2016

Important note about trips and events:
You do NOT need to be a member of the FBCOA or a Bedford resident to attend a trip or event at the COA. Please join us!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|
| 9:00 Exercise 9:30 Chair Yoga 11:45 Lunch 1:00 Poker 3:00 Handicrafts 6:30 Sit 'n Stitch 7:00 Folk & Line Dance | 9:00 Fix It Shop 9:30 Exercise 10:00 Dog Bones 11:00 Duplicate Bridge 1:00 Writing Group 4:00 Zumba Gold 6:30 Pickleball 7:30 Single Again | 9:00 Exercise 9:30 Fix It Shop 10:30 SongFest 11:00 Mah Jongg 12:30 Chair Exercise 6:30 Sit 'n Stitch | 9:00 Muscle Care 10:00 Exercise 11:00 Dog Bones 1:00 Current Events Tai Chi | 9:00 Exercise 10:00 Chair Yoga 10:00 Sit 'n Stitch 11:00 OsteoFitness 1:45 Lunch 1:00 Scrabble Line Dancing 6:00 Pickleball | 11:30 Dog Bones 12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See inside for details!* |



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